

## **Are You At Risk Of Falling**

Answer These Fall Risk Screening Questions:

- 1. Have you had a fall in the past month?**
- 2. Do you feel unsteady when you stand or walk?**
- 3. Do you have a fear of falling?**



Image courtesy of SHA Communications

If you answered “Yes” to any of the three questions above, you may be at an increased risk of falling. To learn more:

- Ask for a Fall Prevention brochure.
- Talk to your healthcare provider.



*saskhealthauthority.ca*



CS-PIER-0305

PIER - Patient Information and Education Resource

Area: Provincial  
MARCH 2026